

CLAIMS

1. A fitness device in the form of an article of clothing, comprising an airtight and elastic outer skin (1), a vacuum pump for generating a partial vacuum between the body surface of the person wearing the article of clothing and the outer skin (1), and a spacer between the body surface and the outer skin (1), wherein the vacuum pump is realized in a battery-operated fashion and can be carried along in a pouch 15, and wherein the vacuum pump is connected to a connection piece (3) arranged on the article of clothing by means of a vacuum hose (4), characterized in that the spacer consists of a textile spacing layer (2) that is at least partially cut into the same shape as the article of clothing.
2. The fitness device according to Claim 1, characterized in that the spacing layer (2) consists of a knitted spacer fabric that is made of monofilament fibers.
3. The fitness device according to Claim 2, characterized in that the article of clothing contains sealing edges (6) that are formed by the elastic outer skin (1).
4. The fitness device according to Claim 3, characterized in that the sealing edges consist of sections that are folded over the spacing layer (2).
5. The fitness device according to Claim 2, characterized in that the article of clothing covers the entire body between the neck and the ankles.

6. The fitness device according to Claim 2, characterized in that the article of clothing consists of trousers that extend above the hips.
7. The fitness device according to Claim 6, characterized in that the trousers are realized in the form of ankle-length trousers.
8. The fitness device according to Claim 6, characterized in that the trousers end underneath the thighs.
9. The fitness device according to Claim 2, characterized in that the article of clothing at least partially covers the upper body only.
10. The fitness device according to Claim 2, characterized in that
 - the spacing layer (2) is cut ready-to-wear into the respective shape and size of the article of clothing, and in that
 - the outer skin (1) and the spacing layer (2) are not connected to one another.
11. The fitness device according to Claim 2, characterized in that
 - the article of clothing contains sensors for acquiring predetermined body parameters of the person wearing the article of clothing, in that

- a data collecting device is provided and connected to the aforementioned sensors, and in that
 - said data collecting device is portable.
12. The fitness device according to Claim 11, characterized in that it comprises at least one skin temperature sensor.
 13. The fitness device according to Claim 11, characterized in that it comprises at least one skin conductivity sensor.
 14. The fitness device according to Claim 11, characterized in that it comprises a pulse frequency sensor.
 15. The fitness device according to Claim 11, characterized in that it comprises a breathing rate sensor.
 16. The fitness device according to Claim 1, characterized in that it comprises more than one connection piece (3) and a corresponding number of vacuum hoses (4).